



Benalla and District Inc.

Newsletter –March 2024

U3A Benalla & District Inc

P O Box 674, Benalla 3672

u3aben@gmail.com

Website: u3abenalla.weebly.com

Facebook: facebook.com/U3abenalla/

Newsletter: newsletter.u3abenalla@gmail.com

President: Margaret Jenkins

5762 6944

Secretary: Geraldine McCorkell

M: 0408 522 662

gmcorkell@activ8.net.au

Please send reports for the newsletter to newsletter.u3abenalla@gmail.com by 25 March 2024

President's Report

2024 has started very well for U3A Benalla. Early this week, our excellent Membership Secretary, Len Jeffers told me that we have 385 members. Quite remarkable. Last year we welcomed 100 new members who joined U3A Benalla for the first time, and this year so far, we have had another 58 members who are new to U3A Benalla.

There are wonderful numbers for some groups. Gwen Turner has 88 enrolled for Garden Appreciation, with 56 coming to their meeting in February. Likewise, Helen Jeffree has 85 enrolled for Exercises for Fun, and had over 50 members for a couple of her first sessions.

There are 41 members enrolled for Music Appreciation, 39 for Patchwork and Craft, 60 for Wine Appreciation and Lifeball has 25 members enrolled which is about double the number they had last year.

Due to increased numbers Tech Talks has been moved from Room 2 to Room 1, whilst I have arranged with Val Burke, President of the Senior Citizens, for some of the Chess players to use the table outside the kitchen if there are too many for Room 2.

The Committee would like to thank all Convenors for the time and effort they put into running each of our 46 courses. Also thank you to Dorothy Webber, Convenor of Patchwork and Craft for organising the making of the aprons for the new Cooking Solo group.



In December 2023 the Committee received notification that there were new regulations governing Incorporated Associations in Victoria which took effect on 18 November 2023, covering model rules, fees, penalties, and financial reporting tier thresholds.

U3A Benalla Inc. is an Incorporated Association which has been run according to our [Constitution](#) which was passed in March 2011.

However, when we examined the Constitution, we found that there were a number of areas which have changed since 2011. We looked at Amending parts of the Constitution, but following advice, found it easier to change to the [Model Rules](#), which are available on the Consumer Affairs Website.

On Monday 26 February 2024 at a Special Committee meeting of U3A Benalla Inc. the Committee passed the following Special Resolution:

“That U3A Benalla Inc. adopt the Model Rules of Incorporated Associations as from 20 March 2024. “

The Annual General Meeting of U3A Benalla Inc. will be held on Wednesday 20 March 2024 in the Auditorium of the Benalla Seniors and Community Centre at 10am. At that meeting we will ask the members to ratify the Special Resolution regarding changing to use the [Model Rules of Incorporated Associations](#).

Also, at our AGM we will have an election of Office Bearers, which we have asked Val Burke to conduct. According to our 2011 Constitution, office bearers of U3A Benalla Inc can only hold office for four years. Therefore, the position of Secretary and Treasurer will be vacant. From within the current Committee, we have a nomination for both these positions. However, anyone from the general membership is also able to nominate for the position of Secretary or Treasurer. There are also four Committee positions to be filled. A [link to the nomination form](#) is included here.

Any member of U3A Benalla may be nominated by two other members of our organisation for either the Secretary, Treasurer or Committee position. If there are more than four nominations for Committee, an election will be held.

Guest speaker at the AGM is Lou Sigmund who will talk about *Chooks*.

Margaret Jenkins, President

Group Reports

A Taste of Art

U3A Benalla's "A Taste of Art" sessions with Broken River Painters got off to a good start in February. There were four new members, with one showing interest in working in acrylics, three interested in painting in watercolour, and all showing promise! More news in the next newsletter.

Carol Perry

Art Appreciation

At our first Art Appreciation for the year, we listened to a talk from an Artist by the name of Chris O'Brien. Chris is an artist associated with a gallery that caters for people with disabilities.

Chris took us through his development as an artist by photos of his work and he had several examples of his work to show. Chris is interested in old houses and makes models of them, amongst other things. He lives in Reservoir, which is near Brunswick and Brunswick has lots of examples of old houses. In addition, Chris likes to make models of some of his relatives' houses. Specifically, his Aunt's house. He makes his models out of a variety of materials - clay - cardboard - felt - carpet - cloth. He also does painting, printmaking, sculpture, sculpture and video. He sometimes includes cartoon and TV heroes in his work.

Chris's exhibition, *'Oh the Places I've Seen'*, is currently on display at the Benalla Art Gallery Shop.

At *First Mondays* on Monday 4 March from 10 to 11 am, *Bill Young, master printmaker*, will discuss some of his insights and highlights of his 48 years as a printmaker for artists. Bill has worked from his studio in the King Valley since 1990. Join us at the Munro and Sargent Cafe after Bill's talk or coffee and conversation!

Neville Gibb

'As Time Goes By' – Memoir Writing

Bev welcomed our new member Helen, and offered, by introduction, the history of the group and some basic principles of how we work. A one-on-one icebreaker followed where we shared 'my happy place' and then we introduced to the group our pair. We honoured Jenny McKenna, who had recently died, by reading one of her memoirs.

Memoirs today were offered under two themes, *'I was there'* and *'Life changing'*.

Neville 'was there' for the celebration of the death of Collingwood's 'Colliwobbles' on October 6 1990. Bev 'was there' below the balcony of the Southern Cross Hotel in 1964, a quietly passionate observer among the 'screamers' welcoming the Beatles. Carmyl 'was there' in Launceston, celebrating the end of the Second World War in 1945, following an idyllic year at 'Sandy Beach' after her father enlisted as a chaplain in the AIF. A direct experience of an IRA bombing in London was life-changing for Heather, resulting in a determination to build her own unique career path and begin a journey of faith. James inspired us with his life-changing

journey through cancers and a number of major operations revealing his resilience and courage. Graham's life was changed after meeting Kevin Gilbert when Graham was a guest of the government in Long Bay Gaol and Ray chartered his path to accounting qualifications and memberships requiring years of determination, application and focus.

Phil introduced us to an FX Holden (48-215) bought with his son as a piece of history. As a surprised Englishman, Phil soon learnt they had bought a significant piece of Australian history which the family proudly displayed for years afterward. David gently invited us to recognise the importance of praise in a young man's journey through farm management and journalism, while Jill courageously shared with us her very difficult path recovering from rheumatic fever and the resultant anxiety of searching for a place of belonging and identity.



Carmyl (on right), Sandy Beach, Tasmania 1945



Phil's 'Piece of History' FX Holden (Model 48-215)

It's International Women's Day month in March, a time for continuing class members to reflect on a matriarchal line in their family or write about a cherished (or otherwise remembered) female family member. The topic - 'Her Story'. The alternative topic is 'Discrimination', a chance to reflect upon on how discrimination relating to one or more 'isms', may have impacted on our lives, family or a family member.

New and newer class members are encouraged to write on '[Failure](#)' or '[Heart Break](#)', drawing on ABC Open's guidelines for these topics available on the website and emailed out during the month.

Full details of all topics are included in the handout of topics for 2024 and on the webpage. Feel free to choose from either list! Also, if you couldn't join the class in February, it's fine to share a story from the February topic list.

Graham Jensen and Bev Lee

Australian Shares & Stock Market

At our first meeting on February 5, 2024, we had 16 members (six new to the group), four apologies and one guest. Our new Power Point welcome listed all members, the sector size of the Australian Market and a recent list of best performing stocks. Our around the table short introductions took up 15 minutes.

The structure of our meetings will continue similarly to last year. A sheet was handed out to be returned at the end of the meeting with a listing of companies in one of the 11 sectors, each member to circle two companies. This listing will go into a Bendigo Watchlist that automatically updates without further input and visually on the screen can be compared with the All Ord's. Four members who were absent have been sent a sheet to nominate their selections.

Our long-term selections covered a range of stocks that I will enter for our March meeting review on how they performed. For our short term/monthly listing we again had a great cross section, but only one person selected any of the Big Four banks.

Our third spread sheet, "[Real Time Investing with Dividend](#)", gave members the option to choose a stock that will be ex-dividend in March, hence gain the dividend early; to add to their initial \$9980 outlay. A couple of members had done some research that reflected in their selection which was good to see. The March update will reflect as many ex-dividend dates as known. If the date has not been announced, I will add 6 months to the last 2023 known date. You may sell or buy at any time with a limit of three new buys for the year to keep the sheet reporting size manageable. If this new sheet becomes too difficult, we may not continue. Franking credits will not be added to this listing.

Thank you everyone for your contribution. At our March meeting we should have time to look at more of the stocks you may be interested in. Thanks to Margaret J for the stock record checking on all the selections. Our next meeting will be Monday 4th March 2024 at 2pm at U3A Room 1.

Malcolm Sanders

Be Connected – Android

Welcome to our past and new participants. It has been great getting to know one another.

In February we learnt how to connect to different Wi Fi modems and to register for 'Be Connected' which will be the source of our information for this semester. We created shortcuts to the U3A Benalla website on our devices and also scanned QR codes using the appropriate app.

Next month we will use the 'Be Connected' website to learn more about email and texting, whilst problem solving as class members suggest topics and issues they would like help with.

Ruth Jelliff

Birdwatching

Birdwatching outing Thursday 14 March 2024 starting 9am (early start)

Our first outing for 2024 will be to **Wangaratta, for a walk along the Ovens River**. Please meet at the carpark behind the Seniors Building at **9 am** on Thursday 14 March. Note earlier time than usually advertised in case the day is hot. We will carpool where possible for the drive to Wangaratta.

The Ovens River flows through Wangaratta and provides good birding in an attractive setting along a walking track.

Please bring water and whatever food you need for the morning. Comfortable walking shoes are recommended. Binoculars are very helpful if you have them, for identifying birds on the walk.

I'm hoping we will have time for a coffee at a café after the walk.

Kathy Costello

Brain Games

While the newsletter is in production, we'll be producing the best of our brain cells too in our first neurobic workout.

Elsbeth Maconachie

Bushwalking – Easy Walks

Welcome to all our new walkers! Easywalks is a "walk and talk" group getting out and exploring places within about an hour of Benalla, with a couple of hours' walking and some lunch. The weather isn't always kind to us, so check the newsletter and the calendar for updates.

Wednesday 6th March: Victoria Lake and Shepparton Botanic Gardens

Described in the last newsletter, this walk takes us along the Goulburn to the Botanic Gardens for a picnic lunch. Auspiced by the Australian Botanic Gardens at Cranbourne, the Gardens offer many shorter walks and views across the valley from Honeysuckle Rise, with a total walk of about 8km.

Meet at the Seniors' carpark, Fawckner Drive, to leave at 9.30am, with confirmation to Julie by text, email or phone message on 0407823031 or juliemcneill55@gmail.com. Remember to bring drinks and a picnic lunch. Car sharing is available for a small contribution.

Wednesday 3rd April: Jamieson autumn walk

For this walk we will head a bit beyond our range, to Jamieson, and hope to catch some autumn colour in this beautiful little town. Situated at the confluence of the Goulburn and Jamieson rivers, the Island Walk was a popular destination when we last visited in 2022. Returning along the river for a picnic lunch, there will be plenty of time to explore the historic buildings of the town and watch the locals at their favourite fishing spots.

Confirmation to Julie as above, and we will leave at 9.30am.

For our May walk we will continue chasing autumn leaves, and head to Bright - details in next newsletter.

Julie McNeill

Cards '500'

Cards 500 has again grown significantly compared to our 2023 numbers, with 31 registrations for 2024.

It was a very popular family game with some of our older players recalling it was their "go to entertainment" in the era before television.

It seems that 500 brings out the competitive nature in us all, but in a friendly social environment.

We had 4 tables set up which makes Room 1 quite "squeazy". Cards 500 is best played with 4 players but to accommodate the larger numbers some tables have had 5 players. From March we have the opportunity to overflow into Room 2 if needed, while keeping 4 players per table.

Please let me know by email if you cannot make it to either of our twice monthly sessions. This will avoid any unnecessary set up of extra tables.

Keep shuffling!

Doug Smith

Chat n' Chew

Our March 'Chat n' Chew' lunch will take place at the **Benalla Golf Club**, 170 Mansfield Road, on Friday 8th March, arriving at 11.45 for a 12 midday start.

Members who have enrolled in Chat 'n Chew need to let me know each month if they wish to attend. If I'm not available to answer the phone when you call, please leave a message—also, don't forget to include your name in the message, not just the phone number.

If you wish to attend the March Lunch at the Golf Club, please contact me on 0427 376 991 by Tuesday 5th March 2024.

Lorraine Knox

Chess

Our first meeting for 2024 saw 8 players attending. There was a mixture of people who have never played and people who had not played since their youth but who soon picked up the threads of the game.

The website **Chess.com** is an excellent tool for those learning or wanting to play the computer bot or friends online. Chess.com is free if you stick to just playing the bot. This site allows you to pick varying degrees of difficulty, choose black or white men and allows take backs. I found it to be an excellent training tool and it's free.

The group spend time on screen collectively playing the computer bot, discussing various tactics as well as becoming familiar with the way the various piece are allowed to move. I have also issued some hard copy notes on chess tactics for participants.

We had three boards operating with those new to the game sitting with, watching and learning from the more experienced players.



I encourage anyone interested to come along and strongly recommend the website [Chess.com](https://www.chess.com) for practice or playing alone.

The group meets monthly on the third Tuesday at 1.30pm in Room 2.

Doug Smith

Coin Collectors

Coin collectors met on 26th February for its first meeting of 2024.

We welcomed 4 new members and the return of our regulars for a total of 10 attendees.

Coin collectors attracts people with varying interests in coins. Our new members have had coin collections left to them and are generally wanting to know more about their value and uniqueness.

Our Show and Tell segment is always of interest as new purchases are tabled. Of particular interest was the presentation of Australian half and full sovereigns dated in the depression years of the 1920s. These belonged to our member's father who worked/toured abroad and had the coins sewn into his clothing for safe keeping by his mother.

I have also introduced the group to a YouTube site (Google –“100 coin channels”). This an excellent site where there are 100 channels devoted to coin and collecting and include most world coinage. The channels I find most informative regarding Australian Coins include:-

Jags Rocks: Gumardee Coins: Coin Collecting and Detecting: PJ Coin Capers:

Phil's Finds and Collections: Australia Coins: Perth Mint.

Our group watched a number of YouTube videos on the “Coin Collecting and Detecting” channel. This site provides short videos of generally no longer than 3 minutes and is both informative and entertaining for group participation.

New members were shown how to identify coins using a free app on their phone called *Coinoscope*. This app takes a photo of your coin and then gives a range of possible origins matching to the coin photographed.

In coming months new members have been encouraged to bring along their coin bags for a group activity called *Noodling*. This where the coins are placed on a table and spread out to be looked over by members for interesting finds.

Members were alerted to watch out for the new King Charles 3 coins now in general circulation.

The Benalla Post Office also carries a regular range of newly issued coins from the Royal Australian Mint. It's worth popping in to have a look.

Happy noodling!

Doug Smith

Community Singing

What a wonderful morning we all had at Community Singing last Thursday with a great variety of songs from 'Loch Lomond' to 'Amazing Grace' to 'Maggie'. It never ceases to amaze me how Brian Greed can go from one song to another with no music, and with only being told what key the song is in.

Thank you, Brian for playing for Community Singing. You do a great job.

Also thank you to Kieran for being MC.

We are fortunate that there is five Thursdays this year in February. It is a reasonably rare occasion considering it can only happen in a Leap Year. Having five Thursday means that there is Community Singing next Thursday, 29th February at 10am at the Hub in Cooinda. Hope to see you all there.

Margaret Jenkins

Cooking Solo

With great anticipation, Cooking Solo commenced on Wednesday 14th February, with 12 enrolments. After introductions it was apparent that we all had many experiences in common. One was the need to be inspired to cook! Everyone received a new U3A apron (beautifully sewn by U3A Quilters and embroidered by Michelle Button), a chopping board, and a serrated knife. We were ready to go!!

The format of preparing, cooking and sharing a seasonal lunch proved successful. To the amazement of the Convenors, as soon as the salad ingredients were chopped and assembled, lunch looked so inviting that everyone immediately started eating.

Then as a Valentine's Day treat, sweets were changed from healthy fruit salad to a Marshmallow Pavlova, with a whipped cream and yoghurt filling, topped with berries. Yummy! There was none left.



Demonstrations ranged from cracking an egg and separating the yolk, to making Rice Paper Rolls. Likewise, very varied questions were answered and throughout the class many hints and ideas were taken on board.

*"Knowledge is knowing a tomato is fruit,
Wisdom is not putting it in fruit salad".*

It was decided to commence class at 10.30 in future, however participants are welcome to come at 10 for a cuppa. Our 2nd Class will be "Light Lunches" and Stewed Fruits and Custards. Jill Cook, a Community Care Dietician, will speak at our 3rd Class.

Our thanks to the Uniting Church for subsidising the Venue, making the Cooking Solo class economically viable. It worked well.

*"Why did the tomato turn red?
Because it saw the salad dressing."*

Gwen Mildren and Val Whan

Creative Writing

A great start to our new year of Creative Writing. Returning class members seemed pleased to be back together and we were very happy to welcome some new members to the class. There was time spent at the beginning with introductions, as well as talking about the way the class will work.

Hints:

Words are the building blocks of our stories. As with all building there are different types of words – nouns, verbs, adjectives and so forth. And there are rules for using them – grammar. But there are also some other practices we need to keep in mind. Using common words can make a story boring. But using very unusual words can interrupt the flow of a story as the reader has to stop and think about the meaning. Getting the balance right is part of the challenge of "building" a good story.

Our stories:

As this was the first class for the year, there were only a small number of stories to discuss. This made for a good introduction to the class for new members.

Preparing for Success was two teenagers trying to impress their new young male teacher. One seemed to do all the work on their joint project. The other was keen to provide cupcakes for the teacher as "The way to a man's heart was through his stomach". The author nailed the teenage voice well in writing the story.

A Job to Die For was about finding the perfect job in Heaven. A great play on words in the title.

A Tail of Twentyfour told of the exploits of a cow who was called "Twentyfour". She was full of mischief, eating a hat, getting into the oat crop and so on. A great picture created.

Mr Wentwhistle's Vacuum Cleaners was another story about an English teacher as seen by a student. It was an interesting format with the student writing about her impression of the teacher, listing the issues not enjoyed, but finishing with the admission that the class had actually "sucked in" a lot of learning.

Other stories were parts of ongoing manuscripts: supernatural happenings around an old Abbey ruin; and the life and trials of a family living in an old Manor house after World War II.

Prompts: The prompts for our **11 March** class are:

- I yanked out my ear buds. That noise had to be a scream.
- Margot always ate her vegetables first.
- Marcus pulled his cloak more tightly around his shoulders.

Joy Shirley

Demystifying Psychology Course

A warm welcome to new enrolments, and welcome back to 2023 participants. This structured five session program is a pre-requisite for the Demystifying Psychology Discussion Group. The first session was, as promised, information dense and not likely to be covered in one session.

The course invites a light-hearted look at some of the many psychological theories and terms that try to offer an understanding of how and why all sorts of relationships play out in every-day life.

So far, we have looked at concepts of:

- Pre and post testing – a method often used by educators and therapists.
- Psychology and its aims.
- Studying Psychology.
- Work options for Psychologists.
- Theories ... what are they ..what are they good for?
- Schools of psychology.
- “Abnormal” behaviour ... is it really abnormal??.

At the next meeting we will look at:

- DSM – Diagnostic Statistical Manual.
- Ethics and psychology, with a look at some historical shockers!
- History of Psychology.
- Personalities and preferred coping styles.

This session the group will be invited to decide the topics for the remaining three sessions ... surprises can be such fun!!!

Looking forward to the next catch up ...

Tuesday 19 March 10:00am - 12 noon at U3A large room at Benalla Seniors building.

Jane Rushworth

Demystifying Psychology Discussion Group

Demystifying Psychology Discussion group has entered its 4th year. The group had its origins during Covid lockdowns and a creative suggestion from the 2020 Demystifying Psychology Course group keen to continue “meeting” and willing to try Zoom.

Welcome back to those stalwarts, and a warm welcome to new members who have completed the Demystifying Psychology “Course” group. A group of 12 met at Ruby Blue Café to set the scene for 2024.

Our group is not therapeutic; instead, we discuss topics of interest raised without notice and then apply a psychological framework to them. The meeting content is always a surprise since no preparation is needed. Topics often relate to local, national, and/or international issues, often highlighting leadership styles, values, and politics.

This month we established group expectations including the use of Chatham House rules. According to these rules, “participants are free to use the information received, but neither the identity nor the affiliation of the speaker(s), nor that of any other participant, may be revealed.”

(Source: <https://www.chathamhouse.org/about-us/chatham-house-rule>)

Our first topic was “social dominance”, as in “caste”. Caste is described as “a system of classifying society in a hierarchical order in which some people are kept inferior and others superior”,

(Source: <https://theconversation.com/origin-this-outstanding-portrayal-of-indias-caste-system-is-hugely-important-to-dalit-people-like-me-222340>), evident through-out the world and defined in many versions of the word “caste”.

A group member recommended the movie “Origin”, a movie inspired by Isabel Wilkerson’s 2020 book, Caste: The Origins of Our Discontent. Further reading/viewing : <https://theconversation.com/origin-this-outstanding-portrayal-of-indias-caste-system-is-hugely-important-to-dalit-people-like-me-222340>

Many theories each offer some explanation for the global support of stereotypes such as “caste”. The concept of “Confirmation Bias” is one such theory.

NEXT MEETING: Thursday 21 March 2:00 – 4:00pm @ Ruby Blue Café 64 Nunn Street.

Jane Rushworth 0437 621 575

Exercises for Fun

Once again, we have a large number of people joining our Exercise Class this year, with every good intention of including more exercise into their lives. I hope you continue to attend Exercises for Fun, because exercising is so beneficial for your well-being. Keep up the good work every Monday at 9.30am sharp. It is wonderful to exercise while you are having fun!

Helen Jeffree

Exploring the Universe

Our Star, The Sun and the Solar Cycle

Our Sun is a star. Its forbears were other stars, giant balls of gas and plasma, seething with thermonuclear power, converting hydrogen into helium for fuel. At the end of their lives they exploded as supernovae, blasting stellar gas, dust, heavy elements and the chemical elements that combined to form organic molecules essential for life out into space.

Turbulence within a cold dense molecular cloud of this dust and gas caused it to collapse under its own gravity, eventually providing the intense heat for a star nursery. It can take up to 10 million years for a young protostar to form. Just a blip in space time.

In its early youth ‘Sun’ was a wildly active young star that blasted out intense solar wind. Conditions were not suitable on this rocky planet that orbited the Sun for life to evolve.

After 4.5 billion years the middle-aged sun has settled down to become an ordinary stable middle of the range star. Conditions became suitable for life to evolve as Earth was in the ‘Goldilocks Zone’ at just the right distance; not too close and not too away.

We have evolved to live within the atmosphere of that star. Its energy provides us with life, heat and light. The Sun was our mentor and has nurtured lifeforms here ever since.

We studied The Solar Cycle. The Sun has become very active lately with sunspots on the surface/photosphere producing flares and hurling plasma into space. Every 11 years the Sun’s magnetic field completely flips. The north and south magnetic fields change places. At the beginning of the cycle, the solar minimum, there’s very little activity on the surface of the sun. Activity on the photosphere increases until it peaks with solar flares breaking out from active sunspots. This is solar maximum, due to peak in July 2025.



When the solar wind carries charged magnetic particles from Solar Mass Ejections in our direction, we are protected by Earth’s magnetic field and atmosphere. But these solar storms can cause shortwave radio blackouts, interfere with power supplies, and cause the brilliant auroras seen in polar latitudes. This Is Space Weather. Videos showed the sun’s current activity on ‘The Sun’ news@thesuntoday with M and X class solar flares ejecting hot plasma into space. The speed of the solar wind for 20-02-2024 was 459.5 km/sec.

We viewed:

Scientists Answer Top Space Weather Questions: <https://www.youtube.com/watch?v=5DyR2Ay86W4>

Effects of the Solar Wind <https://www.youtube.com/watch?v=twB62NYsalg&t=17s>

The Sun National Geographic. https://www.youtube.com/watch?v=2HoTK_Gqi2Q&t=2s

Bev Morton

Family Research

On February 22nd, 8 seasoned family history researchers convened at the U3A room to continue their journey into their ancestry. After individual introductions, we discussed how we could make good use of our monthly sessions, and have settled allocating regular time to:

- Sharing tips and tricks.
- Contextual stories of an ancestor with a 500-word maximum.
- Excursions and Guest Speakers (alternate months).

Anticipating a blend of fascination, occasional frustration, and primarily joy, they each harboured specific goals for their exploration. With a wealth of wisdom to impart, they eagerly anticipated exchanging insights and knowledge with their fellow researchers. As they embark on this collective quest, the year 2024 holds the promise of a deeply gratifying experience filled with learning and sharing.

Next meeting Thursday 28 March 1:30-4:00pm at U3A Classroom 1, Benalla Seniors building.

Here's to another great year!

Barry O'Connor and Jane Rushworth

Family Research 'Drop-In' -Classroom 2 opens at 1pm on the 3rd Thursday for members to arrive and begin working on their devices, with mentoring support from 1.30 to 4, including a group catch up from 2 – 3 pm.

Family Research – Getting Started

Our first group session for the year was very well attended. It was a great opportunity to meet other family tree enthusiasts and learn how they became interested in researching their family. The stories, photos and family treasures provided a wonderful starting point for our discussions.

We discussed some of the online resources that can be useful tools when researching. After setting up a pedigree chart on paper, we explored some of the available options for creating family trees online. Group members were keen to book their one-on-one session for the following week.

Our group session on March 7th will be divided into two parts, with time allocated for members to try out the new skills on their own device (laptop, iPad or phone).

The first part will be learning how to use an online information resource. It was agreed that we would begin with Births Deaths and Marriages as our online resource focus for our March session. We will explore the information that can be found on these certificates and how we can gather extra family information when searching online.

The second part will focus on helpful skills when using ancestry.com.au. In March we will be focusing on using Hints and Searching for Resources.

Deb Saunders

Film Discussion Group

As this was the first class for the year, we spent time talking about what type of films we enjoy. This was varied, but the least popular was Science Fiction.

For this class, given it was two months since we had met, we looked at all the films from the beginning of January. There were a few films that stood out and had been seen by more than one member of the class.

One Life: This was the inspiring true story of how Sir Nicholas 'Nicky' Winton (played by Anthony Hopkins) on the eve of World War II saved nearly 700 children from their doom. He was haunted by the 250 children he was not able to save when war was declared. An excellent and uplifting film with a strong performance by Anthony Hopkins and Johnny Flynn who played the young Nicholas Winton. We rated it as 4.5/5.

Boys in the Boat: This is another film based on a true event. It is set during the depression era and leading up to the 1936 Olympics in Berlin. Washington University's junior rowing team is brought together including some students who are provided with accommodation and money to pay their fees. The team works so well they are selected for competition ahead of the senior team, winning a place in the Olympics where they won beating the German team (Hitler was not pleased). It was an interesting story with a message about teamwork and mental as well as physical strength needed to succeed. They were not a team of eight rowers, they were one. The depression era was well depicted, but the characters were a bit wooden. Ratings varied from 3.5/5 to 4.5/5. A film worth seeing.

Other films enjoyed were **Wonka**, colourful, rated as 4.5/5; **Migration**, bright and colourful, rated as 4/5; **Next Goal Wins**, uplifting and colourful, rated as 3.5/5.

Joy Shirley

Garden Appreciation

Welcome back to Garden Appreciation for 2024. It was great to meet new members and catch up with previous members of the group.

What a start to this year's activities! On Thursday 22 February, 56 members and 4 guests were welcomed to **My Little Potting Shed in** Samaria Road, Moorngag, by Melissa and Guy Mounsey, Melissa's Mum and two very friendly dogs. It was lovely weather, and the flower beds were full of brightly coloured Dahlias. Melissa gave a talk on how they started their business, followed by morning tea, then a walk around the gardens. Thank you, Melissa and Guy, for making your garden available to our members to view.



Lunch, at the Tatong Tavern, was attended by 53 members. The service and food were excellent.

On March 28th (Easter Thursday) we will visit the large garden of Carolyn and Garry Smith, 46 Murray Road, Benalla. We will meet in the U3A car park at 9.30am and will drive into the garden to park when we arrive.

April 25th (Anzac Day), venue to be announced next month. On May 23rd there will be a bus trip to the Echuca Plant Farm, Echuca West and more.

Please note, I'm away until the 14 March. If attending the March activity, please contact me after that date: Mobile: 0438627010 or e-mail gwenturner243@gmail.com

Gwen Turner

Garden Team

Last year we finished at Kathy's and added a 'garden kringle', with a few seeds, cuttings and produce exchanged over our usual feast.

At the first '24 gathering, weeds were a bit hard to find, but Rupe was pleased by the results of our trimming and tidying. To dodge the hottest hours, we started half an hour earlier, a tactic which worked well and may, at times, be used again depending on the weather forecast.

We welcomed two new garden grafters and enjoyed a sumptuous afternoon tea in a pleasant shady spot. It was a lovely start to our year, thanks Rupe.

We next meet on Monday 11th March (Labour Day) at James' place.

Elsbeth Maconachie

German

It was 'all hands on deck' in February for the German class. Horst was unable to attend the first three classes, however was keen for the group to come together to welcome and work with the new class members. Week 2 began with sharing of introductions and migration stories. Horst emailed video suggestions which Bev screened for the class who also suggested ideas and resources. A segment suggested by Sigi (Lin) on Vegetables in Week 3 was followed by a video for making Kartoffelsalat (Potato Salad) in German. New members Irina, Meg and Patricia all have a smattering of German and were able to follow along. Sigi also demonstrated skill in using the whiteboard when explaining the German Alphabet. Retired meteorologist Graham was just the right person to present a segment on Weather to start Lesson 4, after a very warm welcome to Horst on his return. Horst then eased back into his role in a segment on pronunciation and conversation, followed by a presentation and Q&A in German by Lou Sigmund on his recent overseas trip. Thank you, Lou!

The session ended happily with 'Coffee, Cake and Conversation' in the kitchen to celebrate Horst's return!



Let's Talk Books

It was lovely to see everyone at our first gathering for 2024. We welcomed a new member Melody Finnerty to our group. The usual wide variety of books have been enjoyed over the Christmas break. Corrie read *The Goodbye Cats*, although childishly written was enjoyed, as well as *Story Tellers* by Leigh Sales an excellent writer. Leigh interviews Australian Journalists about their craft. Moira enjoyed *Collected Poems* by Denis Bryne and also told us about her sister who is in care, but always wrote little snippets about her day. Her daughter gathered up all the little bits of paper with her writing on and had them published into a book, giving an insight into her daily life for many years. *All Her Fault* by Andrea Mara is a suspense thriller about a missing 4-year-old boy. Joan, our lover of mysteries, has read *Sherlock Holmes presumably by Watson*, *Australian Book of Great Trials* by Jeremy Stoljar and *When a Child Kills* by Paul Mones. A most interesting read was *Memoir: Her Mothers Daughter: Nadia Wheatley*, a very well written book. The three Richard Osman books beginning with *The Thursday Murder Club* were enjoyed, but probably not everyone's choice. *Twelve Red Herrings* is a collection of short stories by Jeffrey Archer and our reader found *Big Little Lies* by Lianne Moriarty delightful reading. Leigh Sales rated another mention with *Any Ordinary Day*. An uplifting and funny debut novel was *The Wakes* by Diane Yarwood, one to look out for. Anna Funder, author of *Stasiland*, received the thumbs up. This book records the stories of East Berliners from behind the Berlin Wall, written in her usual excellent manner. The true crime of *Teachers Pet: Tell Us Where Mum Is: Chris Dawson* who murdered his wife to be with the babysitter. An entertaining read, *Behind the Shoulder Pads* by Joan Collins. Disappointing was the verdict on Phillipa Gregory's new book – *Normal Women: 900 Years of Making History* - a very long and boring book. A light read was a debut novel *The Whalebone Theatre* by Joanna Quinn and worth the read was *The Talented Mrs Greenway* by Tea Cooper, about the wife of famed colonial architect Francis. The question asked was *Whose Hand Really shaped Sydney?* *The Blacksheep* by Judy Nunn received a mediocre review from our reader. Shirley read her usual interesting books *Serial Killers of Russia; Criminal Minds* and *Hitler's Horses* by Arthur Brand, the true story of the theft of statues of Hitler's favourite horses. *American Politics* written by Bernie Sanders, who is the longest serving Independent in US Congressional history. This would be an informative read. *Homecoming* by Kate Morton we decided was a bit long winded, but *The Girl from Botany Bay* by Carolly Erickson held our reader's interest. Dorothy had a sport fix listening to memoirs from Trent Cotchin and Ash Barty. Keep reading and we will catch up on the 4th March at 2 pm at the Seniors.

Geraldine McCorkell

Life Ball

And our numbers continue to increase! It is so heartening to see our enrolments this year, with numbers now at seventeen. It has meant a return to playing on a full court (and remembering the rules!), as well as the chance to rotate players in the recent warmer weather. Along with the new industrial fans provided by the Rec Centre, and plenty of breaks for drinks, it makes an enjoyable game for everyone.

We play every Monday at Benalla Indoor Rec Centre at 10am. If you think you'd like to try a modified walking netball/basketball, give coordinator Marlene a call on 0407240943.

Julie McNeill



(Lifeball Photos – Rene Martens)

Meet and Mingle

At February's Meet and Mingle, U3A member Barry O'Connor, presented a comprehensive exposure of online scams and how unprepared we are to combat them. For example, Barry said a recent survey of internet users, had shown that only 35 per cent had installed proper security software.

Barry urged anyone shopping online, to only make payments using PayPal, because of its inbuilt securities. So, if a site did not have PayPal available it was a warning sign not to use it.

At the same time, link PayPal to a separate bank account, containing relatively minimal funds and daily withdrawal limits. As well check statements regularly.

Also, remove or falsify identifiable images, birthdate and other personal details on any social media platform, because they can be the basis of creating false documents or securing loans in your name.

Barry noted the importance of having a stash of cash on hand to cover at least three week's basic living needs. This is necessary because accounts and/or credit/debit cards will be frozen for maybe weeks if your bank detects illegal activity.

He said that despite assurances from providers, there is no totally safe internet or mobile device. "As well, artificial intelligence will take scamming to a whole new level".

Our **Annual General Meeting** will be held at **Meet and Mingle on Wednesday 20 March 2024 at 10am** in the Auditorium of the Benalla Seniors and Community Centre, Fawckner Drive, Benalla. Guest Speaker will be Lou Sigmund who will talk about *Chooks*. Lou is an entertaining speaker who has previously spoken at Meet and Mingle about *Inventions: Successes and Failures*. All welcome.

David Palmer and Margaret Jenkins

Music Appreciation

Ayn Rand, Russian - American writer and philosopher - once wrote "To sell your soul is the easiest thing in the world. That's what everybody does every hour of his life. If I asked you to keep your soul - would you understand why that's much harder"?

Italian composer Guiseppe Tartini had a dream in which he was invited by the Devil sell his soul in return for which the devil would become Tartini's servant. In the process Tartini saw and heard the Devil playing him a melody on the violin. That was the easy bit. The hard part came when Tartini awoke and tried to remember the melody devil had played! The result was his Sonata in G which featured as one of the "pipe-openers" for this year's musical excursions. Beethoven, Mozart, Mussorgsky and Tchaikovsky with a little Wagner and Rossini made for some "easy" listening as we welcomed new members to our group. Not so easy was to bid "Goodbye" to world famous Japanese conductor Seiji Ozawa who died during the month. You can read and listen to our tribute to him along with the notes and recordings for both of our February sessions on the Music Appreciation page of our U3A website.

Bill Squire

Page Turners Book Group

Those who like historical novels will find something to like in *The Bookbinder of Jericho* by Pip Williams. Set in 1914 just at the start of World War One, it traces the struggles of Peggy and her intellectually different twin sister, both of whom work at the Oxford University Press. Restricted by her lack of education and opportunities, Peggy meets middle class young women who volunteer for war work assisting injured soldiers hospitalised in Oxford. While conscious of her working-class background, she becomes increasingly determined to get into Oxford University, despite women of her class being usually excluded. Two Belgian refugees become her friends, Lotte and Bastiaan- a badly injured soldier who later asks her to marry him.

Peggy chooses education instead, becoming a supporter of increased political rights for working class women. While class issues, exclusion and political activism form part of the novel, a heart-warming story of personal discovery for Peggy carries the novel along.

Next month's novel will be *Go as a River*, by Shelly Read

Meg Dillon

Photography

It was good to see some new faces, as well as some old (well, not that old!), at our first class for 2024.

We began by discussing the images submitted for discussion by some class members. You can view photos sent by David, Jan, Heather, Helen, Paul and Rina on the website's '[Photo Submissions](#)' page.



I then showed the group the [Photography](#) page on the U3A Benalla Website, explaining it is a great way to look through what we have done and revise (or look up) new information as per the video links at the site

We then previewed three videos which class members can watch in full on the '[Session Resources](#)' page of the website. The first video - '[Photographers Who Got Caught Cheating](#)' - was about 'fake' photography and how it affects competitions. Photos submitted for any publication, as well as for TV, need to be 'real' photos. Even the small changes described in the video cannot be sent to papers/TV/Magazines etc.

The next video - '[Using Your iPhone As Your Second Camera for Travel Photography](#)' - was again quite long and is to be continued at home. iPhones, indeed, any smart phone that has a camera, should really be thought of as a second camera, as we carry them around with us most of the time.

Last in the videos, '[Getting Better Photographs from your Phone Camera \(including for large prints\)](#)' provided some information about making better phone photos. While we can use our phones to create some lovely photos, we also need to consider their limitations.

Rene Martens

Play Reading

Another year of Play Reading and everyone was ready.

Our Play in February was '*The Winslow Boy*' by Terence Rattigan

The action takes place in Arthur Winslow's house in London, extending over a period of around two years just before World War I. The play is based on Arthur's fight to clear his son's name after Cadet Ronnie Winslow is expelled from the Royal Naval College for allegedly stealing a five-shilling postal order. To clear the boy's name was imperative for the family's honour. The boy's life would have been wrecked by an indelible stain on his character which would have followed him throughout adulthood. The most respected barrister of the day was also persuaded of his innocence and insisted on the case coming to court. On the fourth day of the trial, the Solicitor General accepted Ronnie's innocence.

The play is based on the facts of a well-known case, but the characters are from the author's imagination. It is against the background of the lead up to the first world war and the suffragette movement.

The class enjoyed reading the play. While it was about clearing Ronnie's name, his role was relatively small. Arthur and Catherine (Ronnie's sister) perhaps play a greater role in their determination to clear his name. But it does take a toll. Arthur's health fails. Catherine's fiancé breaks their engagement. Overall, the "hero" of the play was probably around justice and right.

Our play for March is '*A Ghost on Tiptoe*' by Robert Morley and Rosemary Anne Sisson.

Joy Shirley

Politics and Current Affairs

Discussion in February ranged from Hamas military member casualties; what form a peace treaty might take in the Israel/Gaza War; where the refugees on the US/Mexican border come from why they come to an [impressive maiden speech in the New Zealand Parliament](#). Class members raise subjects for discussion during our Politics and Current Affairs sessions. All welcome.

Neville Gibb

Singing for Fun

Our three Singing for Fun sessions in February started off very well. We had almost 30 members for a couple of sessions, and our Leaders seemed glad to be back with everyone.

Our regular pianist Gwen Barnes played for all three sessions, and in the third session we introduced Deb Saunders to the group. We are extremely pleased to have Deb on board as our assistant pianist.

Kieran started the year with a variety of Australian songs, whilst Brian Greed chose some favourites including Seeker's songs, and "The Changing of the Guard".

Carmyl showed that she is the queen of rounds amongst other things. Carmyl is very precise in organising the rounds, and to hear "Kookaburra Sits in an old Gum Tree" in four parts was very impressive.

Margaret chose "On the Road to Mandalay" and "Wandering the King's Highway" which were sung with great gusto during her sessions.

The U3A Singing for Fun group have been invited to sing at Cooina on Thursday 21 March at 10.30am. Cooina was not able to have us for our end of year concert in December 2023, so have invited us to sing there early this year. It will be a mixture of the songs we did for the End of Year concert last year, as well as songs chosen from Cooina's Community Song Book.

The next Singing for Fun session will be on Thursday 7th March at 10am at the Hub at Cooina.

Margaret Jenkins

Sky's the Limit

Model aeroplane model maker and Sky's the Limit member, **Roly Gaumann**, spoke about his experience in making and flying model aeroplanes. He spoke of the transition from now expensive and difficult to source balsa wood as a basic construction material, to using alternative materials and much superior glues.

Following a cuppa, we adjourned to Roly's studio in the old SEC building, to competitively identify 20 gliders and powered aeroplane models, dating from WWI to modern times. The winner correctly identified 17 models, receiving a box of chocolates from Roly for his effort. Roly is in studio residence most days and invited visitors to call his number listed on a board near the building's entrance, if they wished to see his collection.

Our Sky's the Limit speaker for March will be **Vivienne Drew, glider pilot and glider administrator**. Viv was recently awarded an Order of Australia (OAM) for her services to gliding.

David Palmer and Andrew McFarlane

Stock and Land



Fifth generation Baddaginnie farmer **Rodney Cook** took us through his extensive family history in the area dating back to the 1870s, as well as his farming experiences. In the 1870s and 1880s, Ned Kelly used to regularly "borrow" a grey horse from their farmyard and return it sometime later. About four famous sportsmen have hailed from Baddaginnie including cricketer Merv Hughes, whose father taught at the school.

Rodney was a pioneer of artificially inseminating his Merino flock in the 1980s, using rams borrowed from the Australian Merino Society. He achieved an acceptable 64 percent conception rate and huge increases in wool and sheep quality. The superior genes meant fibre diameter of their wool dropped two microns, worth about an extra \$1per micron

per kilogram. Rodney said that led to his best wool auction price yet of 1970c/kg a few years ago and although the auction market has since sagged somewhat, he has vowed to keep going until he gains 2000c/kg.

Rodney brought with him his 50 years wool classing stencil, a coveted award in wool classing.

Our speaker for Stock and Land on March 5 will be Dookie cropping expert **John Petschak**. His family have more than a century's history in the area.

David Palmer

Tech Talks

At our most recent Tech Talks we started by looking at a Science Teacher demonstrating how certain liquids can change colour when mixed. This took us all back to our schooldays and it was enjoyable looking at a teacher enjoy himself bringing a sense of wonder to his audience.

We then watched three videos put out by Toyota claiming that internal combustion engines will never be replaced or made redundant by Electric Vehicles. These videos showed examples of research done by Toyota and included claims that might not yet be proven. One was an Ammonia Engine that is still in development, and another detailed a new concept in petroleum driven engines. Neither of these concepts has developed beyond the research level. Even so the videos gave much food for thought and time will tell if Toyota will be able to resist the acceptance of Electric Vehicles.

Neville Gibb

Ukes4Fun – ‘Getting Started’ and ‘Just Jamming’

The Ukes4Fun ‘Getting Started’ group, which gathers in Room 1 each Monday at 11 am, has been working with several tutors over the past month, with Elly and John taking the class when our roving photographer called by at their last session in February. Such concentration on the faces of all involved!



Before too long, Ukes4Fun ‘Just Jamming’ group members started arriving, gathering in the auditorium for their weekly jamming session at 12noon, playing and enjoying a growing repertoire of songs accompanied by increasingly proficient strumming.

Thanks go to Elly, Neville and the two Johns – Barry and Sleinis, for working with Heather during February to prepare for upcoming sessions and for taking leadership and mentoring roles when Heather has been unable to come to class.

Please note - There will be no Ukes4Fun classes on Labour Day, Monday 11th March.

Wine Appreciation

Our first outing for the year, 32 of us ventured forth to Squires Winery at Esmond outside of Yarrawonga.

Situated on the banks of the Ovens River, tables are set out under the gum trees on the lawn or on the raised deck, as well as long tables inside which was where we enjoyed our wine tasting and fabulous lunch. Paul Squires has a laid-back attitude to wines and life and with a sense of humour made the day relaxing and very enjoyable for us all. They have only been open for three years and the tasting room/restaurant is in Paul's converted tractor shed! The wines vary from Prosecco to Reserve Durif and in



Paul's words 'they are not snobby wines, just wines to be enjoyed'. It was great to see many new faces in the group.

Next month, 15th March, we are off to **de Bortoli's Wines**, 13-35 Drummond Street, Rutherglen and lunch at the **Pickled Sisters Cafe**, 121 Main Street, Rutherglen. There will be a \$10 tasting charge and 10% discount on purchases. We will meet in the Seniors' Car park at 10.00am

As usual I will need **RSVPs by Sunday 10th March** by email or text to 0428 696 408 please.

Nicole McFarlane

Behind the Scenes

Office Volunteer Program

Thank you to Julie (pictured with John) Rina, Ruth, Geraldine, Heather and Margaret for offering to provide information and accept enrolments on Wednesday mornings in January and February. The first four (of six) sessions were particularly busy; however enrolments had slowed by the end of February.

The volunteers welcomed new and returning members, provided information, collected money, assisted with enrolments and problem solved. They also came up with ideas for improving procedures to make future opening hours at enrolment time even more effective!



We would like to take this opportunity to also thank the RedB4 Bookshop committee and volunteers for the key role they play in assisting the U3A Enrolment process throughout the year.

Age Friendly Benalla Information Hub



The Age Friendly Benalla Information Hub commences fortnightly sessions on Wednesday morning 13 March from 10 -12 in Classroom 2. Chris Greentree (pictured), the Ageing Well Officer for BRCC, has developed a spreadsheet which can be utilised by older people to find activities, clubs, health providers and many other aspects of life in Benalla. This information is being made available to members of the Benalla public on the 2nd and 4th Wednesdays from 10 to 12 am.

U3A is sharing its computer equipment and space in Room 2 with the Hub, and in return the safety of electrical cabling in the room has been improved; a small bulletin board and whiteboard installed, and more shelving added. The Men's Shed have provided a rack for brochures located in the foyer of the Seniors Centre. More information will become available over the coming weeks.

Wednesday mornings are quiet at the Seniors Centre, so there will be parking for visitors to the Information Hub. Call in to say hello to Chris and the Age Friendly Benalla volunteers if you are passing by.

Community - Positions Vacant

U3A have been asked to assist the **Benalla Art Gallery Foundation** to find a **Business Development Manager**. A person with knowledge, networks and a track record in engaging the Community and in delivering fundraising campaigns is needed to enable our Gallery to serve the community well in its second half century. This is a part-time, flexible contractual role (0.6EFT), supported by a small, experienced team and reporting to the Chair of the Foundation, Winsome McCaughey AO. Anyone interested can contact Aldous & Hill - Admin@aldoushill.com.au - in Benalla for a detailed role description and may also request an opportunity to discuss the role with the Chair prior to making an application.

We have also been asked by Natalie Phillips of Benalla Rural City Council to publicise the need for **volunteer instructors for the Benalla L to P program**. There will be training in mid-April for volunteers. Anyone interested should contact Natalie.

What's On

Friday, 1 March

10:00 Sustainability

Monday, 4 March

09:30 Exercises for Fun

10:00 Lifeball - Marlene 0428 210 944

10:00 Art Appreciation –Bill Young, Printmaker

11:00 Ukes4Fun - Getting Started

12:00 Ukes4Fun - Just Jamming

14:00 Australian Stocks and Share Market

14:00 Let's Talk Books

Tuesday, 5 March

10:00 Page Turners- Virginia Woolfe (Short Stories)

10:00 Stock and Land - John Petschak, Dookie

12:15 German

14:00 Sky's the Limit - Viv Drew OAM, Glider Pilot

Wednesday, 6 March

09:30 Easywalks - Victoria Lake and Shepparton
Botanic Gardens – TBC re predicted temp.

09:30 Play Reading – 'A Ghost on Tiptoe'

13:30 A Taste of Art

14:00 Cards '500'

Thursday, 7 March

10:00 Singing for Fun

10:00 Be Connected - Android

13:00 Patchwork and Craft

13:30 Family Research - Getting Started

Friday, 8 March – International Women's Day

10:00 Music Appreciation

11:45 Chat 'n Chew – Benalla Golf Club

14:00 Armchair History

Monday, 11 March – Labour Day

09:30 Exercises for Fun

10:00 Lifeball - Marlene 0428 210 944

14:00 Creative Writing

14:00 Garden Team -James' place

Tuesday, 12 March

10:00 Politics and Current Affairs

12:15 German

14:00 Tech Talks

Wednesday, 13 March

10:00 Age Friendly Benalla Information Hub (Room 2)

10:00 Recorder Group

10:30 Cooking Solo

14:00 Film Discussion Group

Thursday, 14 March

09:00 Birdwatching – Wangaratta, Ovens River Walk

10:00 Singing for Fun

10:00 Be Connected - Android

13:00 Family Research - Getting Started (One to One)

13:30 Executive Committee Meeting

Friday, 15 March

10:00 Wine Appreciation – de Bortoli Wines,
Rutherglen; lunch at Pickled Sisters' Cafe

10:00 Sustainability

13:00 Family Research--Getting Started (One-to-One)

Monday, 18 March

09:30 Exercises for Fun

10:00 Lifeball - Marlene 0428 210 944

11:00 Ukes4Fun - Getting Started

12:00 Ukes4Fun - Just Jamming

14:00 As Time Goes By - Memoir Writing

Tuesday, 19 March

10:00 Demystifying Psychology Course – #2 of 5

12:15 German

13:30 Chess

14:00 Exploring the Universe

Wednesday, 20 March

10:00 2024 AGM/Meet and Mingle/Guest Speaker
Lou Sigmund 'Chooks'

13:30 A Taste of Art

14:00 Cards '500'

Thursday, 21 March

10:00 Singing for Fun - Concert at Coinda at 10.30

13:00 Patchwork and Craft

13:00 Family Research - Drop In

14:00 Demystifying Psychology Discussion Group

Friday, 22 March

10:00 Music Appreciation

14:00 Armchair History

Monday, 25 March

09:30 Exercises for Fun

10:00 Lifeball - Marlene 0428 210 944

11:00 Ukes4Fun - Getting Started

12:00 Ukes4Fun - Just Jamming

13:30 Coin Collectors

17:00 Newsletter reports due today

Tuesday, 26 March

10:00 Politics & Current Affairs

12:15 German

14:00 Brain Games

Wednesday, 27 March

10:00 Age Friendly Benalla Information Hub (Room 2)

10:00 Recorder Group

10:30 Cooking Solo

14:00 Cards '500'

Thursday, 28 March

09:30 Garden Appreciation – Carolyn and Garry
Smith's Garden, 46 Murray Road, Benalla

10:00 Photography

10:00 Community Singing

13:00 Patchwork and Craft

13:30 Family Research

Friday, 29 March – Good Friday

Monday, 1 April – Easter Monday

Tuesday, 2 April

10:00 Page Turners - 'Mystery Month'

10:00 Stock and Land

12:15 German

14:00 Sky's the Limit

Wednesday, 3 April

09:30 Easywalks - Jamieson Autumn Walk

09:30 Play Reading

13:30 A Taste of Art

14:00 Cards '500'

Be Connected - Tech Advice – 'One-to-one' sessions by appointment for members experiencing problems operating mobiles, tablets or laptops – Contact **Robyn** (Android Devices) **0403 164 931** or **Jenny** (Apple Devices) **0409 545 182*** Venue: Classroom 2.
Referral on will be suggested if necessary.